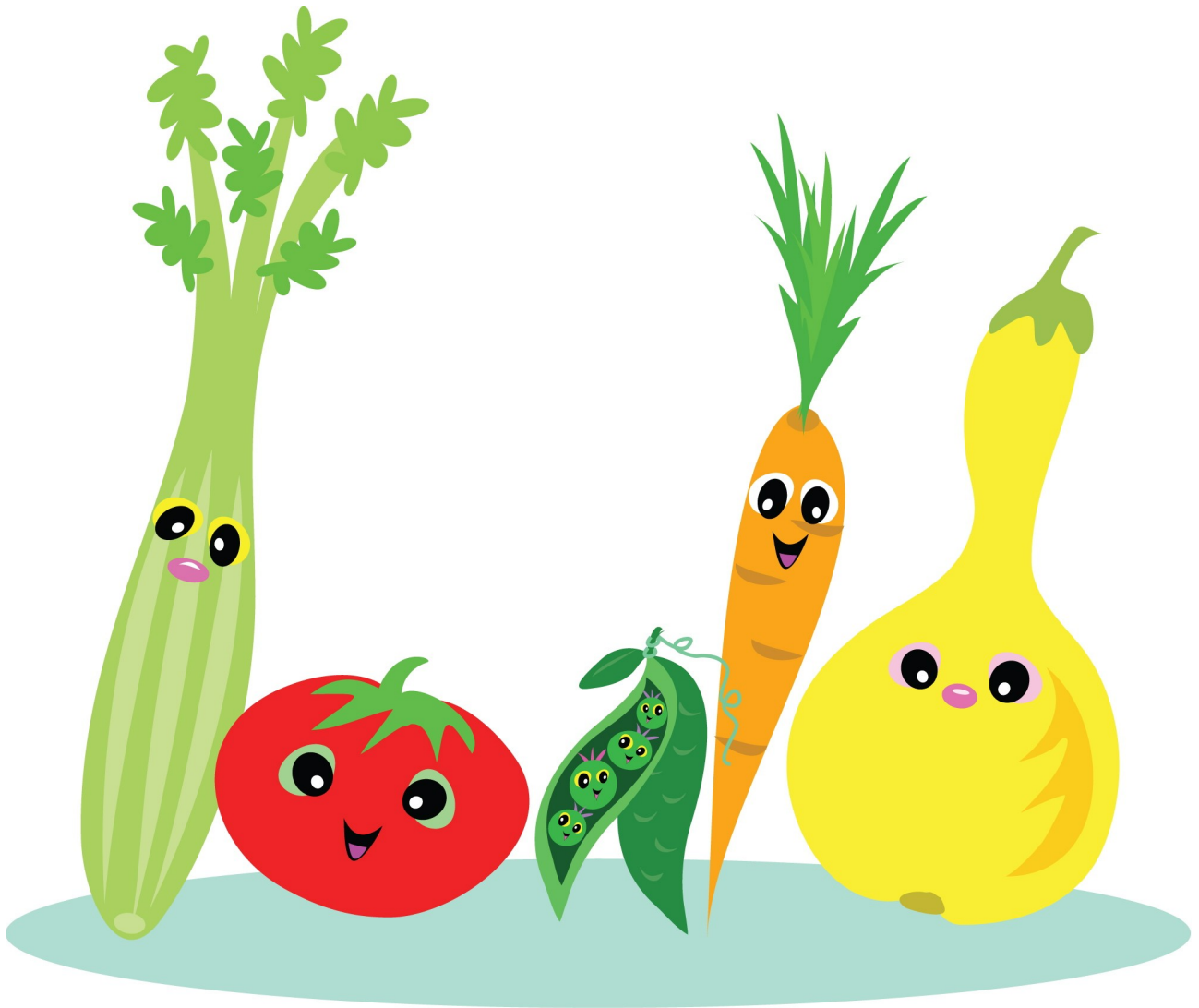


FOODS "WTF" TO DESTROY YOUR FAT



By Stephane ANDRE

Hello, I offer you this e-book for free to thank you for coming to my blog of training and nutrition. Share with your family or your friends with the help of social networks. I want to tell you: it makes me happy and I let you do it. Help people to have a better lifestyle is something close to my heart.

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So, you downloaded this e-book, something tells me that your goal is not just losing fat but eat better to have a healthier lifestyle.

Don't waste time, go!

First of all...

You will be surprised by reading this e-book on the effect by certain foods you eat now. Full of advertising shows you that such and such food is "healthy" but if you look under the microscope, well then, it's all lies. They make you gain fat in secret without you noticing.

I am sure some foods you think they are "unhealthy" (don't worry, it was the same thing for me) but I will shock you by explaining they will give you a help to burn stubborn belly fat fast.

Some tricks are explained in this e-book for you to lose stubborn belly fat and not being fooled longer by some great advertising by food companies. These large food company that dream that you remain loyal to their products supposedly "healthy" who make you have more fat in secrecy, bas* &% +.

Just wait a moment...

- a) Are you aware that soy products such as soy protein, soy milk, etc., which are seen as food "healthy", have elements that causes what is called "the stubborn belly fat"?
- b) We have already told you that you could get fat by eating some « whole grain »foods ?
- c) Do you know that the egg yolk helps you burn abdominal fat ?

I think those questions surprised you as I was and that's why I would share it with you.

We'll start with 2 foods that make you fat in secret (they are bas*% & +) and 5 "WTF" foods who help you to burn fat.

SOJA



Soybeans, its popularity is huge and global. One of the superstars of "healthy" foods, but let's go to the backstage ...

The top 3 soy products are: tofu, soy protein products and soya milk. You can well imagine that the soybean industry worth billions of dollars so the goal of large food companies is to lie you with a clever marketing to make you believe that soy-based products, highly processed, are excellent for your health.

These ads are lies, don't get scammed !

To start I will speak of phytoestrogens which is a subject of controversy. I mention this because soy products have a large amount.

I imagine that you were already telling these conflicting stories about whether these phytoestrogens are good or bad for health but we forget a detail. Milk and soy protein products have a transformation process whereby the concentration of phytoestrogens rate

is much higher than that which occurs naturally.

In addition, phytoestrogens are known to help your body to retain fat in the stomach.

Like having more stomach fat, you like it ?

No problem, eat more soy products and you will get there !

Well, okay, maybe this argument doesn't convince you. Read this ...

Soybean operation is one of agriculture having the highest rate of herbicide and pesticide residue because soya is genetically modified.

Once you have swallowed these herbicides and pesticides, they help to keep your body fat. They cause an action, xenoestrogen, called the "stubborn belly fat" that is difficult to remove.

Now you are aware of soy phytoestrogens and xenoestrogens herbicides and pesticides. The combination of the two blew your fat percentage, it's crazy right ? And all this discreetly.

WHOLE GRAINS FOODS



I remember when my mother told me it was good to eat "whole grain" bread, I liked the taste. Later I discovered that are also bagels, muffins, pasta and more.

I'm convinced that we have already explained to you than white bread with refined grains was not good for the body, so, I guess you say that foods with "whole grain" are better. I also told it myself that's logical, but just to be curious, look at it more closely.

In this e-book, I will not tell you about the low carb diet. Carbohydrates use in moderate way can be healthy for your health, just choose the right methods. By cons, it doesn't mean necessarily that "whole grain" foods are the top.

Compared to other cultures, « whole grains » crops are not expensive to grow and process. Easy to deduce that the large food companies make a lot of money and once again they will use a clever marketing to make you believe that it is "healthy".

One thing that happens with « whole grains » is that the « whole grains » breads and cereals quickly boosts your blood sugar, which is doing an insulin spike and makes you want to eat more, later.

In summarize, you eat more calories without realizing it !

« Whole grains » products have a lot of calories with low nutritional quantity. For example, gluten is contained in large quantities in « whole grains » and cereals while a large

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percentage of the population have an intolerance level of gluten, which raises a new concern.

To be more specific according to a study, the population has a small degree of intolerance of gluten 50-70% in many grains and corn is the worst.

When you think about our digestive systems, 200,000 years with a diet that contained almost no seeds or grains. In ancient human diet, there was not all the different amount of foods that we have today. It's clear, imagine how it was in 1900, it's madness.

There are only a few thousand years, when agriculture became important grains and cereals were most used in food. So that our digestive systems are not yet suitable for use in large quantities.

And with all this you become fatter with new health concern !

Another important issue concerning « whole grains »

Like opium, whole wheat has addictive propertiesand yes

In his book *Wheat Belly*, Dr. Davis shows very convincing evidence about it. Wheat contains elements named "exorphins" that have the same effect as drugs based opium in your brain. It's for this reason that people have difficulty to stop eating their favorite breads, cereals, pasta or muffins. We are addicted to this food.

This is some thing I know and it happens to me again, I confess, sometime I eat a whole pack of muffins in less than one hour.

But wait, wait, it's not over, wheat starch increasing rapidly sugar levels in the blood. More than table sugar which has the effect of AGING you faster. All because of this starch which starts the process of "glycation".

Well, I know you can't remove « whole grains » from your diet and frankly it's the same thing for mebut don't panic, there are some tricks to balance all that and boost your results to lose your fat.

Here we finish the first part of this e-book: The 2 bad food you thought were "healthy" and that made you take fat (these bas*% & +). Now the 2nd part: The 5 "WTF" foods . I'll surprise you by show you some foods you thought they were "bad" can be delicious and help you have a body thinner and lose abdominal fat.

Come on

AVOCADO



It's true that avocados are regarded as "fatty foods" but all fats they contain are healthy! Ultra rich in monounsaturated fat, vitamins, minerals, micro-nutrients and antioxidants. This is a terrible fruit, "WTF"!?! And as a bonus, this fruit gives you fiber to control sugar.

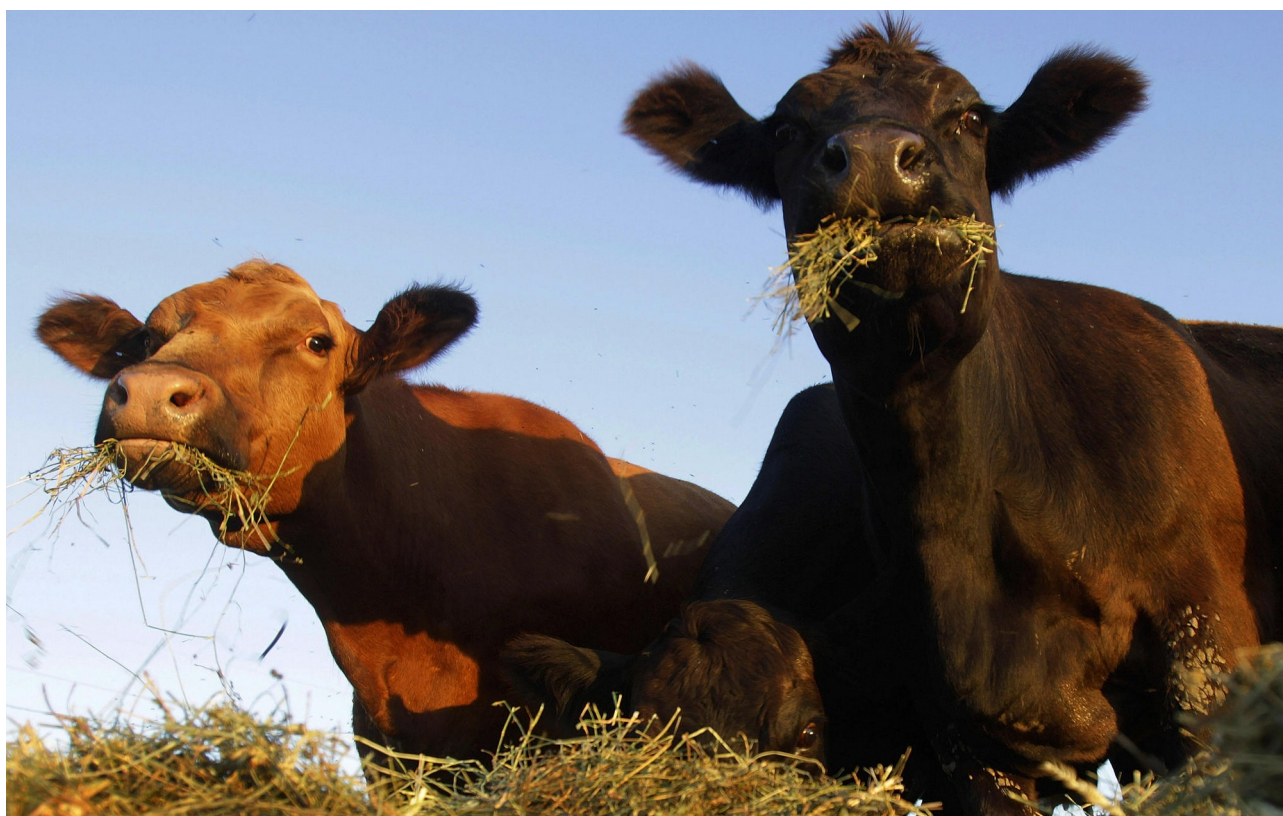
There is a topping that I adore, it is the guacamole (mashed avocado with garlic, onion, tomato, pepper, etc). This is one of the healthiest topping in the world you can use on virtually everything. The best guacamole is, of course, the home-made. But if you need to buy one, make sure that there is not addictive as bad creams, added sugar, canola oil or soybean oil. Look for the most natural as possible with guacamole avocados, garlic, onions, tomatoes and spices.

An idea to vary your meals is to add avocados slices in salads, omelets, burgers, sandwiches or even simply in all your meals. You will discover delicious "WTF" tastes that will surprise you.

Avocados help your body through the quality of its healthy fats and its other nutrients to maintain your levels of hormones that help you to lose fat and building muscle. Say goodbye to your unnecessary desires to eat and say hello to a thinner body because avocados are a great satiating foods. All that we need to be in good shape.

GRASS FED BEEF

(Not the typical supermarket beef!)



It's possible that you are the kind of people who think that red meat is bad for your body, but, the truth is that it depends on the health of the animal. Since at least 1.9 million years ago, the human being is omnivore, this is what all say anthropologists and archaeologists so there is nothing wrong with eating red meat. You just select the right sources, a healthy animal will give you a healthy meat.

Beef is an animal that eats grass and forage, that's their natural diet. Now, the beef that you find in the store, he is fed with too many seeds (corn, soy, etc). This is not his natural diet and this causes problems in his digestive system (*Escherichia coli*). This makes him sick and requires to use antibiotics.

Beef who overeat seeds are not only diseases such as Escherichia coli. They also have too much omega-6 fatty acids (what people already eat too much and that can cause cardiovascular diseases) and very little omega-3 fatty acid because of their poor diet.

Now, if we take a beef fed his natural diet, herbs and other forages, it has more omega-3 fatty acids and less omega-6 fatty acid.

And as a bonus, grass fed beef has a special fat, conjugated linoleic acid (CLA). A fat than beef fed on seeds has no more because of his bad diet.

In recent years, scientific studies have shown that CLA helps to building muscle , helps to burn fat and helps fight against cancer. Not to mention the excellent quality of protein that also allows to have better muscle and burn fat.

Grass-fed beef is a little harder to find, but just ask to your butcher, find a specialty store or ordering online.

RED FRUITS

(Including blackberries, strawberries, raspberries, and even the "exotic" Goji Berry)



A cocktail of the best sources of antioxidants, minerals and vitamins, red fruits are a nutritional concentrate.

Red fruits usually have to have the best value ranges of fiber for to total carbohydrates, so, this is the best fruit about glycemic response (sugar in the blood). They also have a good amount of fiber, which slows your carbohydrate intake, rate of digestion and control your blood sugar levels, which helps prevent insulin spikes (which can be boost by the intake of fat).

Have fun with red fruits, mix raspberries, blackberries, strawberries, cherries and goji berries also for an "exotic" touch. Try different tastes, break the routine.

Put it in salad, oatmeal, yogurt, cottage cheese, have pleasure.

NUTS

(Walnuts, almonds, pecans, macadamia nuts, etc.)



Yes, I know what you want to tell me: What, but a it's a "fat food"!?! True, nuts have between 75-90% fat when we compare fat calories and total calories but these fat are healthy, plus a lots of antioxidants, minerals and vitamins. They are a good source of protein and fiber, which helps you to control blood sugar and burn fat.

You should know that walnuts help to have a good level of fat burning hormones and helps you to have less appetite. This prevents you from eating between meals.

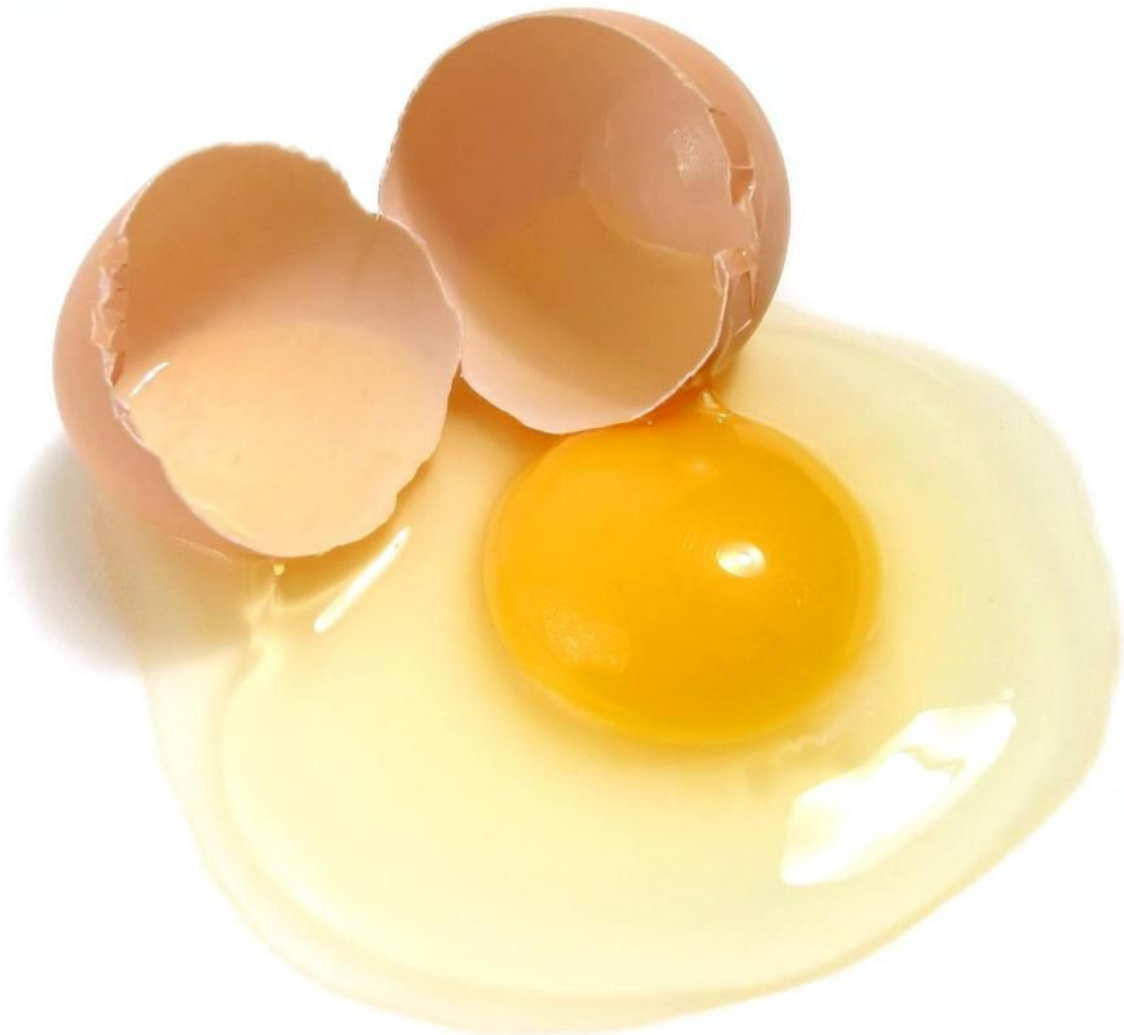
A secret tips widely used in the world of bodybuilding to have super lean muscle is that during the period of "dry", we increase the % of calories from nuts. Hmm it seems weird to eat more fat when you want to lose it but read on: Eating a handful of pecans, almonds or other nuts, 20-30 minutes before meals reduces appetite . Why ? Because of the fiber, protein and good fat content in nuts. The result, we have less hungry when you eat the meal so we ate less calories during the day.

Personally, I prefer pecans, pistachios, almonds and macadamia nuts. Often I mix it all for more types of minerals, vitamins and to balance the polyunsaturated and monounsaturated fatty acids.

Avoid roasted nuts and look for raw nuts, this guarantees the quality and the nutritional content of healthy fats. I also advise you to try something other than peanut butter almond butter or pecan butter to change the routine. Pistachios ?? and why not ?

Indulge yourself by making a bag of nuts and berries for your healthy snack for mid-day.

WHOLE EGGS



Including the yolk (not just egg whites)

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The majority of the population is not aware that the egg yolk is what is most healthy in the egg. Everyone knows that the egg is one of the best protein source but all the antioxidants (lutein), minerals and vitamins are in the yolk.

When we look closer, it's really a shame to hear fitness "professional" tell to people that they shouldn't eat egg yolks.

90% of pantothenic (the egg acid), vitamin B12, folic acid, vitamin B6, thiamin, zinc, phosphorus, calcium and iron are in the egg yolk. Besides all the essential fatty acids and fat-soluble vitamins A, D, E and K.

In fact, the egg whites are almost devoid of micronutrients compared to egg yolks.

Don't listen to these "professionals" who tell you to eat only the egg white. Egg yolk with healthy fats and supplementary nutrition (micronutrients), helps you to burn body fat, manage fat burning hormones and to have a better control your appetite.

As for the beef, to have a good balance of omega-3 and omega-6 fatty acids, take farmers egg rather than the normal supermarket eggs.

Your eggs will be richer in nutrients with a healthy balance of fats compared to typical supermarket eggs. You have a choice of chicken raised in a factory fed with corn and soybeans or chicken allowed to move freely outside and fed a with a natural diet.

I hope you enjoyed to read this e-book and you will use this info to have the body you want and have more energy.

-Steph